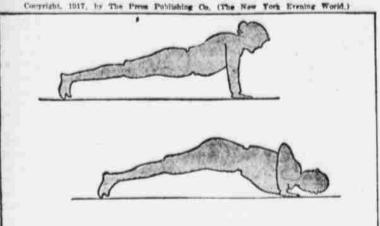
Evening World Daily Magazine

The Evening World's Perfect Figure Contest

Conducted by Pauline Furlong

To Make Perfectly Proportioned for Their Height Women Now Fifteen or More Pounds Over or Under Their Proper Weight.



Advanced Chest-Raisiny Exercise.

Developing-Lesson XXXIII. HE most advanced form of chest raising is given with this lesson,

and when it can be mastered without strain or trembling of the arms you may be sure that all of the muscles in the upper body, at least, have been developed to their highest degree. Take your position on the hands and toes on the floor, the back forming a slanting line from shoulders to heels. Lower the chest until it touches the floor be-

tween the palms, and turn the head to one side as you

Special Notice

to Contestants

This Perfect Figure Contest

closes Saturday, April 14, Con-

testants competing for the

money awards will be weighed

and measured for the final

comparisons during the week

Secure your appointment in

The awards will be made as

soon as all contestants have been weighed and measured and the winners determined.

or salt will often make it more palatable for some persons. The pure oil is preferable to prepared emui-

BILL JENKINS, BUCCANEER

advance by writing a letter

or postal card to Miss Pauline Furlong, Perfect Figure Contest, Evening World, No. 63 Park Row, New York City.

beginning April 16.

do so. Do this not more than five times in the beginning, and do not be discouraged if you cannot master it at all, as it is very severe. There is one point which I desire to make clear

to readers, and although I have written many times on this important subject, I continue to receive many letters asking me the same question, It is not necessary to do all of the exercises given in the course each day, and, indeed, this would be a

day, and, indeed, this would be a physical impossibility, and they need not be taken in a formal manner an hour or so at a time. Any woman who is not clothed in tight corsets, belts, shoes, &c., can practise some of the exercises for a few minutes at any convenient time with just as good results as though she had set aside a certain hour for them.

To offeet the strain on certain sets of muscles from housework or office.

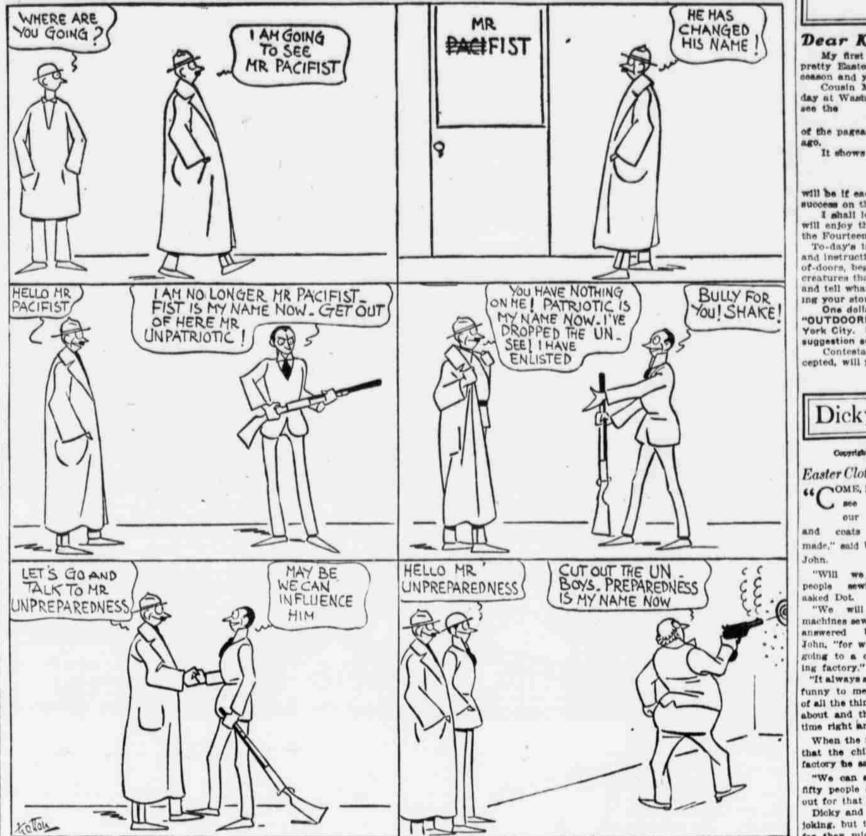
To offset the strain on certain sets of muscles from housework or office work, take a few of the stretching, relaxing and deep breathing exercises by an open window for five minutes and you will immediately nolice how refreshed and rested you will feel.

Never look on the exercises as a necessary duty, but allow a few minutes every little while for some of them, just as you would for luncheon or lea of the daily bath, and in this way you will not notice them at all

way you will not notice them at all as look on them as a tiresome task which must be accomplished at some definite time of the day.

FRESH AIR IN THE OFFICE-TEDDY S.: If those in the office in-stat on working in air-tight rooms sist on working in air-tight rooms which give you "a regular Turkish bath," you should find a way to take several minutes' deep, fresh air breathing at least once during the forenoon and afternoon, and I am sure no fair-minded manager of an office would refuse you this much for health's sake. It is certain that you can do better work if you follow out this plan, and overy mana, onght to insist on this much for disemployees, as it is truly time well employees, as it is truly time well

pigs are best fat through forced recommendation of the street of the str



When the Bugle Sounds By Maurice Ketten



Dear Klub Kiddies:

My first thought in writing you to-day is to thank you for all your pretty Easter greetings and to wish you just as much joy as this glad season and your own kind wishes have brought to me.

Cousin Members—It is very important that we all come together today at Washington Irving High School, No. 40 Irving Place, Manhattan, to

MOVING PICTURE

of the pageant done by thousands of children in Central Park three years

It shows what boys and girls of your age can do and how beautiful our

Pageant

will be if each of you coughs will do his or her share to make it a proud success on the great afternoon of SATURDAY, May 26, in Central Park. I shall look for you at our meeting place to-day. Come at 1.45. You will enjoy the picture. Boy Scouts will serve as our gallant guides from

the Fourteenth Street Subway Station.

To-day's is the last of the Wonder City stories. "Outdoorland," a new and instructive contest on all things that live and breathe in the great outof-doors, begins in this column next Tuesday. The first group of outdoorceatures that we will discuss is to be that of our feathered friends. Write and tell what you know about the life and habits of any kind of bird, mak ing your story as interesting and full of detail as possible

One dollar will be awarded the sender of each accepted story. Address "OUTDOORLAND," Evening World Kiddle Klub, No. 63 Park Row, New York City. Put your name, address, age and certificate number upon each

Contestants who wish to know whether their suggestion has been ac cepted, will please send two cents in stamps for reply by mail.

Cousin Eleanor.

Dicky and Dot in the Wonder City

= By Mary Graham Bonner =

Easter Clothes. 66 OME, let us o see how coats are

made," said Uncle John "Win people sewing?"

naked Dot. "We will see machines sewing." answered Uncle John, "for we are going to a cloth-

"It always seems funny to me," said Dicky. "to think of all the things that we know nothing about and that are going on all the time right around us."

were not joking it would seem rude. So they both looked at each other and at Uncle John, but did not say a word "These 'children are seeing' all the time right around us."

When the factory owner understood

By George Allan England



"IT'S ALMOST LIKE A DREAM," SAID DOT.

time right around us."

for they might be wrong and if he fore,"

John.
"Dear me," remarked the man, "they

when the factory owner understood that the children wanted to see the factory be said:

"We can show you suits made for fifty people at a time—or rather out out for that many."

Dicky and Dot thought he must be joking, but they didn't like to laugh, for they might be wrong and if he fore."

"Dear me," remarked the man, "they must be busy young people, then the care are certainly plenty of wonders in this city."

"Oh, have you just come here?"

"No," said the man. "I have lived here all my life, but there seem to be new wonderful things every day, or wonders I had never appreciated be fore."

"Come," the man told them.
"Inust show you around."
He let the children see the machine

that were used in cutting and trim-ming and sewing. And the most won-derful machine of all was that while cut out lots and lots of suits at the





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